

Practical Instructions In HOME SEWING

By Ruth Wyeth Spears



SLOT SEAMS.

In the small plan at the right I have shown the process of making the slot seams that are used to trim many of the more tailored costumes. To make this kind of seam you will need a stay strip of the material as shown at A. This strip should be cut as long as the seam is to be and about an inch and a half wide. The edges of the seam should be turned back and fastened to the stay strip so there is a narrow opening or slot between them. The stitching as shown at B and C is usually made about three-eighths of an inch back from the edges.

It is always best to press a seam of this kind both before and after it is stitched.

READERS— RUTH WYETH SPEARS illustrated pamphlet "ALTERING PATTERNS AND FITTING" is free. Answer your dressing problems. Write her in care of this newspaper, enclosing stamp for pamphlet.

Oh, it is is it?

From New Iberia (La.) Enterprise) We have the same kind of boys and men that grow in these other places, two legs, two arms and a head surrounding a good body, that's all the human material needed.

How Long the Weeks are Getting. (From the Worthing (S. D.) Enterprise)

"Slim" Crane informed us Monday he ran a rusty nail in his foot last week and was laid up for 90 days.

A Man of Moderation.

"That husband of yours," declared Mrs. Hawkins, to her neighbor, Mrs. Harkins, "is drinkin' someth'n awful."

"Don't you worry none about him, dearie," retorted Mrs. Harkins. "He knows when to quit, he does. Jest the minute he see'd he couldn't stand up the other night, he spoke right out an' told the boys to carry him home."

CHRISTMAS SEALS AID TUBERCULOSIS FIGHT

Knowledge and Practice of the Rules of Health Greatest Need.

In 1924, 593 Oregon people died with tuberculosis. Best estimates indicate that probably 5000 are afflicted with the disease. Careful studies show that between the ages of 15 and 40, which may be called the best years of life, more Oregonians die of tuberculosis than from any other cause of death and the same is true throughout the United States as a whole. All this is in spite of the fact tuberculosis is known to be preventable and curable.

"We know enough about tuberculosis to scotch it within a generation. It is not lack of knowledge, it is lack of application of knowledge that impedes our progress." These were the words of Dr. Allen K. Krause, leading American authority on tuberculosis, when he visited Oregon last summer. He also pointed out that the knowledge which makes physicians confidently assert that "tuberculosis is preventable and curable" is not knowledge regarding medicines or treatments that can be called "specific cures." It is knowledge regarding the fundamental rules of healthy living.

It is disregard of the rules of healthy living that permits tuberculosis to continue as so great a menace to humane life. It is knowledge of these rules, and care in their application which will eventually overcome tuberculosis. It is the tremendous progress in this direction which has made possible the 50% reduction in the tuberculosis death rate in the United States within the last 15 years, and the 28% reduction in Oregon's rate within the last ten years.

Christmas Seals finance the campaign of the Oregon Tuberculosis Association which is specifically designed to meet the need of teaching health. Public Health nurses are put into the field in Oregon. Health teaching is taken into the Oregon schools. Literature is distributed, exhibits are prepared, and every known channel of teaching health is employed.

The objective of the health teaching is to overcome tuberculosis by striking at its vulnerable spot.

OREGON CONGRESSMEN ENDORSE SEAL SALE

Stanfield, Sinnott, Hawley, and Crumpacker Approve Work Supported by Seals.

"The anti-tuberculosis movement has always had my unqualified support. I believe that conducting the Sale of Christmas Seals to raise funds for combating this disease (tuberculosis) is a most valuable public service and should by all means be encouraged. Rest assured that I shall be more than glad to do anything I can to further the valuable work."

HON. M. E. CRUMPACKER, U. S. Representative from Oregon.

"I am glad to most heartily join in wishing the utmost success in the work of those engaged in the anti-tuberculosis campaign."

HON. ROBT. N. STANFIELD, U. S. Senator from Oregon.

"In a time when we are thinking of making a season especially joyful to those of our immediate family and friends, the contributions to the anti-tuberculosis campaign is an instance of kindly good will toward a number

of our fellow citizens who have cause for uneasy apprehension, and the fact that people are mindful of them will help them as much, I believe, as the money will help them. I cordially commend the sale of Christmas Seals."

HON. WILLIS C. HAWLEY, U. S. Representative from Oregon.

"I wish to cordially endorse the coming anti-tuberculosis campaign in Oregon, through the sale of Christmas Seals. I note with pleasure the report of the great decrease in the death rate from tuberculosis in our home state, during the past fourteen years, and believe that this is due in a large measure to the money derived from the sale of Christmas Seals.

"The Christmas Seal campaign is a most worthy one and I consider it a distinct privilege to be able to add my testimony to the great number who hold a like opinion."

HON. N. J. SINNOTT, U. S. Representative from Oregon.

CASTE FOR SCHOOL PLAY IS ANNOUNCED BY COACH

Rehearsals for "Assisted by Sadie," the high school play to be presented on December 15, indicate that the presentation is to be one of the best ever given by the local school. Coaching is in charge of Miss Francis Hodge.

The caste of the play was made public this week, as follows:

- Aonzo Dow, the "mystery,"
- George Moon
- Michael Cameron, detective
- John Howard
- Colonel Jenniver, hotel manager,
- Carl McKinnis
- Reginald Null, millionaire,
- Hobart Wilson
- Dr. Beedle, professor Frank Lombard
- Bunch, bell boy — Evan Hughes
- Sady Brady, stenographer Fay Fishel
- Mrs. C. Christopher Corley, dowager
- Gladys Dorsey
- Sonora Gonzales, adventuress
- Thelma Laysan
- Harriet Corley, stepdaughter
- Shirley Hemenway
- Vicky Vaughan, debutante
- Esther Lynch
- Mrs. Quinch, maid
- Katherine Hemenway

Good Old Dad.

Young Snipper was off to college. "Good bye, my boy," said his father. "Write to me often." "That's generous of you, dad," responded Snipper gratefully. "So long!"



Gifts of Utility for Everyone

<p>Aluminum Hot Water Bottles \$2.50</p> <p>Crumb Trays 75c to \$2.10</p> <p>Thermos Lunch Kits \$1.85</p> <p>Nickel Plated Copper Tea Kettles \$1.75</p> <p>Small size Aluminium Percolators 80c</p> <p>Goodell-Pratt automatic drills with 8 points \$2.00</p> <p>Parlor Bellows \$1.35 to \$1.75</p> <p>Polishing Mops 65c to \$1.75</p>	<p>Good Shaves for Everybody</p>  <p>Genuine Gillette Safety Razors, price 25c</p>  <p>Put Waffle Irons on your list</p> <p>No matter who gets them every one in the family is going to be glad, price \$1.75</p>  <p>WISS SCISSORS AND SHEARS</p> <p>Every pair guaranteed perfect. There are none better made.</p> <p>8-inch shears \$1.65</p> <p>5-inch shears \$1.10</p> <p>Embroidery shears 90c</p> <p>Pocket shears \$1.10</p>	<p>Family Scales \$1.75 to \$2.25</p> <p>Aluminum Syrup Pitchers 60c</p> <p>Aluminum Tea Ball Tea Pots \$1.50</p> <p>Oil Heaters \$6.25</p> <p>Electric Heaters \$4.00</p> <p>Ball Bearing Roller Skates \$1.75</p> <p>Earthen Tea Pots 35c to \$2.25</p> <p>Flashlights 65c to \$3.50</p>  <p>ELECTRIC LIGHT OUTFITS FOR CHRISTMAS TREES</p> <p>Eight lights to a string. Strings can be connected and all lighted from one socket. String with bulbs \$1.25</p> <p>Extra bulbs, each 10c</p>  <p>SURE TO BE APPRECIATED</p> <p>Handsome Stag and Handles, two and three piece carving sets, \$2.50 to \$9.75</p>
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